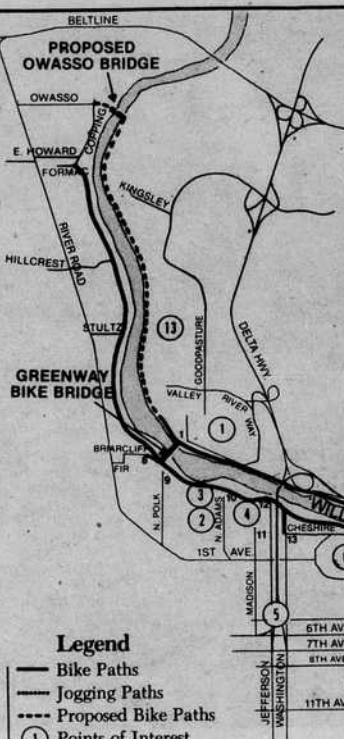


Points of Interest

- 1 Valley River Center
This shopping complex is located at the western terminus of the North Bank Trail, off Valley River Way.
- 2 Sladden Park
Other facilities in this neighborhood park, located at North Adams and Cheshire Streets, include basketball and tennis courts, a playfield and a children's wading pool.
- 3 Riverhouse
This building, on North Adams, houses the offices for the City's Outdoor Program and is a meeting place for outdoor activities.
- 4 Owen's Municipal Rose Garden
More than three hundred different varieties of roses bloom with vivid color in this park, located at the north end of Jefferson Street. The garden's peak display period is the second and third weeks of June.
- 5 Washington-Jefferson Park
Originally planned as an elevated earthen landfill, this park offers a nice change of pace to the busy surroundings. Situated between 1st and 7th Streets off Jefferson, the park features contoured landscaping, covered horseshoe pits, basketball courts and playgrounds that are in constant use year round.
- 6 Skinner Butte Park
The most popular municipal park in Eugene and a major west-east connector in the bike route system, Skinner Butte has a wide range of facilities available and is easily accessible to the downtown business district.
- 7 Downtown Mall
Considered an urban park with fountains, gardens and play areas, the Mall is a mixture of business and leisure space. Interesting shops and planned events for entertainment make this area a particularly popular one to the pedestrian or cyclist. Due to heavy pedestrian use, City ordinance requires that bikes be walked through the Mall.
- 8 Alton Baker Park
This beautiful and popular park is the most heavily used Lane County park, and offers a variety of recreational activities including Pre's Trail, a 4.2 mile long internationally known jogging path; Waterway, 3 miles of 4' deep water ideal for canoeing, Showcase Project, playfields and landscaped gardens; Boat Launching, two separate ramps for access to the Willamette.
- 9 University of Oregon
The campus entrance to the river trail system, at the Millrace duck pond, is one of the most popular access points used by joggers, cyclists, and river users.
- 10 Sorrel Way Park
Joggers looking for a quiet place to run are discovering the 1/2 mile soft tread path that encircles Sorrel Way Park Pond, near Rustic Place off Coburg Road.
- 11 Autzen Stadium
Many sports spectators make use of the bike trail system to avoid traffic jams when attending events at this University of Oregon Stadium.
- 12 Island Park
This Willamalane District park is located near the east end of the North Bank Trail, just inside Springfield, on the Willamette River.
- 13 Delta Ponds Park
Undeveloped 85 acre park site with six ponds stocked for fishing. Future plans include a canoe waterway, jogging trails, and bicycle paths.
- 14 5th St. Public Market and nearby shops.
- 15 WISTEC and PLANETARIUM



Legend

- Bike Paths
- Jogging Paths
- - - Proposed Bike Paths
- ① Points of Interest
- Access to Riverbank Trails
- P Parking
- Restrooms
- Picnic Area
- Playground

Approximate Distances

The combined North and South Bank Trails provide a 5.5 mile loop connected at the Greenway and Autzen Bridges.

Alton Baker Park to Island Park	3 1/2 miles
Island Park to Valley River Center	1 1/2 miles
Skinner Butte Park to River Road	1 1/2 miles
River Road to Downtown Mall	1/2 mile
West Bank Trail to Howard St.	1 1/2 miles
Howard St. to Greenway Bridge	1 1/2 miles
North Bank Trail Valley River Center to Springfield	4 miles
South Bank Trail Briarcliff St. to Autzen Footbridge	2 1/2 miles

Access to Riverbank Trails

North Bank

1. Valley River Center at Valley River Way
2. Ferry Street Bridge east ramp
3. Alton Baker Park (via Day Island Park Road)
4. Autzen Stadium Connector
5. N. Walnut at I-5
6. N. Walnut at Aspen
7. D Street (in Springfield)

South Bank

8. Fir/Briarcliff off River Road
9. N. Polk Street
10. N. Adams Street
11. Madison Street
12. Jefferson Street (parking lot of Rose Gardens)
13. Washington Street sidewalk
14. Skinner Butte Park
15. High Street at 2nd Avenue
16. 4th Avenue at Ferry Street Bridge
17. Hilver Street at 8th Avenue (beyond railroad tracks)
18. Onyx Street at Franklin Blvd. (at Millrace duck pond)

West Bank

19. Owasso Copping
20. E. Howard
21. Hillcrest Dr.
22. Stultz

Willamette River Recreation Corridor



Scale in miles and kilometers. 1/2 mile, 1 mile, 2 miles.

Courtesy of Eugene Public Works and Parks and Recreation 1-82

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During the Korean War, I was a Navy cook, and had the privilege of working with cooks from all segments of the restaurant industry, from large hotels to hamburger stands. I heard that the fine chefs of the French schools prefer Chinese food when they eat out, and became aware that most of the secrets of fine cuisine are incorporated in the Chinese culinary arts.

Chef's Holiday

by George Nissen

Chinese food comes in many forms, for the Chinese people have tastes as diverse as their population, with 7 distinct groups and different geographical regions. The American palate is most familiar with Cantonese food from the Canton area.

At the Tea Cup restaurant in Eugene, chef Tom creates dishes from Canton and two other regions: Szechwan and Hunan. This small, hidden restaurant is one of my favorites. It is located on 11th Avenue near the U of O, across the street from the Greek fraternity houses and next to the Mayflower theatre.

Cantonese food is generally milder, with the familiar light sauces, egg noodles, and vegetables. Szechwan is much spicier, from Northern China, with darker sauces. Hunan offers more variety.

My favorite dish from chef Tom is Mu Shu pork or shrimp. This is a stir-fry dish, with large noodle wrappers so you can create your own Chinese burrito. Beef and fish dishes can be ordered mild or spicy, and there is always the Canton chow mein standby dish.

Just how spicy Chinese food can get is hard to appreciate. The Chinese discovered cayenne pepper before the Europeans, and that little condiment dish on your table has an oil of cayenne to cook your tongue off. If you are meek of heart, use it judiciously. The plum sauce on the Mu Shu dishes helps offset the pepper if you overdo. I always seem to overuse.

The Chinese like to taste a variety of dishes, so they are ordered separately. I suggest individuals in a group each order a dish, and share the tastes. It makes a good bargain.

I don't want to overlook other Chinese restaurants. I shall cover them later.



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